

# A GUIDE TO COMMUNITY-BASED LONG TERM CARE IN NEW JERSEY



P R O M O T I N G   I N D E P E N D E N C E ,   D I G N I T Y   &   C H O I C E



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# PROMOTING INDEPENDENCE DIGNITY, & CHOICE

*The key to owning your  
future is planning early  
and wisely, knowing your  
options and taking action.*

*Begin planning your  
secure future today.*

This guide is provided by the New Jersey Department of Health and Senior Services Division of Aging and Community Services with funding from the U.S. Department of Health and Human Services' Centers for Medicare and Medicaid Services. It is intended to help you learn more about the long-term care programs that are available in the State of New Jersey. Included in this folder are descriptions of different supportive housing settings and community services available, information on a variety of financial programs offered, as well as several checklists to reference as these important decisions are being made.

Long-term care consists of a variety of services that help people with health or personal needs and activities of daily living over a period of time. Making decisions about care and assistance throughout the aging process is a personal choice. Some individuals actively pursue their options ahead of time, while others are more reluctant to make these decisions. This guide is designed to provide a reference for all individuals as they take the necessary steps to plan their future.

Remember, the key to owning your future is planning early and wisely, knowing your options and taking action. We encourage you to use the contents of this folder to become educated on all applicable facets of New Jersey's long-term care programs and to begin planning a secure future.



*For more information please contact New Jersey EASE (Easy Access Single Entry), toll-free at 1.877.222.3737.*

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For more information or additional copies please contact New Jersey EASE (Easy Access Single Entry), toll-free at 1.877.222.3737, the State's Senior Services Helpline at 1.800.792.8820 (out of state callers: 1.877.222.3737), or visit the NJ Department of Health and Senior Services Website at [www.state.nj.us/health/seniors.htm](http://www.state.nj.us/health/seniors.htm).

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